



**LUNCHEDED SERVED  
DAILY @ 11:45**

**BOARD GAMES AND  
CARD GAMES**

# *Bob Ross Nutrition Calendar*

## *November 2009*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	NOTES
2 <i>Exercise 9:15</i> <i>Guitar Lessons 10:30</i> <i>Healthy Cooking 10:30</i> <i>Sing-A-Long 12:30</i> <i>Choir Practice 10:00</i>	3 <i>Embroidery Class 9:00</i> <i>T-Shirt Painting 9:00</i> <i>Ukulele Class 9:30</i> <i>Dance Therapy 10:00</i>	4 <i>Jewelry Making 9:00</i> <i>S.A. Food Bank Cooking Class 9:30</i> <i>Dance Therapy 10:30</i> <i>Poetry 10:00</i>	5 <i>Bingo 10:00</i> <i>Mahjongg 11:00</i> <i>Oil Painting 12:30</i> <i>Crochet 1:00</i>	6 <i>Exercise 9:15</i> <i>Bingo 10:00</i> <i>Bridge 10:30</i> <i>Intro to Italian 10:00</i> <b><i>Volunteer Meeting 12:15</i></b>	<b>SIGN UP FLD TRIPS ON THE 1st</b>
9 <b><i>Haircuts 9-11</i></b> <i>Exercise 9:15</i> <i>Guitar Lessons 10:00</i> <i>Healthy Cooking 10:30</i> <i>Karaoke 12:30</i> <i>Choir Practice 10:00</i>	10 <i>Embroidery Class 9:00</i> <i>Ukulele Class 9:30</i> <i>Dance Therapy 10:00</i> <b><i>Board Meeting 10:00</i></b>	11  <b>VETERANS DAY CENTER CLOSED</b>	12 <i>Bingo 10:00</i> <i>Mahjongg 11:00</i> <i>Crochet 1:00</i> <b><i>Commodities 12:00-2:00</i></b>	13 <i>Exercise 9:15</i> <i>Bingo 10:00</i> <i>Bridge 10:30</i> <i>Intro to Italian 10:00</i> <i>2nd Day Commodities Pick-Up 9:00-11:00</i>	<b>BRING YOUR COM- MODITY BAGS THE SAME DAY YOU PICK UP YOUR GROCERIES</b>
16 <i>Exercise 9:15</i> <i>Guitar Lessons 10:30</i> <i>Healthy Cooking 10:30</i> <i>Sing-A-Long 12:30</i> <i>Choir Practice 10:00</i>	17 <i>Embroidery Class 9:00</i> <i>Ukulele Class 9:30</i> <i>Dance Therapy 10:00</i> <b><i>Council Meeting 10:00</i></b>	18 <i>Jewelry Making 9:30</i> <i>Dance Therapy 10:30</i> <i>Quilting 1:00</i> <i>Poetry 10:00</i>	19 <i>Bingo 10:00</i> <i>Mahjongg 11:00</i> <i>Oil Painting 12:30</i> <i>Crochet 1:00</i>	20 <i>Exercise 9:15</i> <i>Intro to Italian 10:00</i> <i>Bingo 10:00</i> <i>Bridge 10:30</i> <i>Bunco 1:00</i>	<b>VOLUNTEER MEET- ING ON THE FIRST FRIDAY @ 12:15</b>
23 <i>Exercise 9:15</i> <i>Guitar Lessons 10:00</i> <i>Healthy Cooking 10:30</i> <i>Karaoke 12:30</i> <i>Choir Practice 10:00</i>	24 <i>Embroidery Class 9:00</i> <i>Ukulele Class 9:30</i> <i>Dance Therapy 10:00</i>	25 <i>Jewelry Making 9:00</i> <i>Dance Therapy 10:30</i> <i>Quilting 1:00</i> <i>Discussion Group 10:00</i> <b><i>B-DAY 12:30</i></b>	26  <b>Happy Thanksgiving CENTER CLOSED</b>	27 <b><i>HOLIDAY CENTER CLOSED</i></b>	<b>BOARD MEETING ON THE 2nd TUES- DAY @ 10:00 A.M.</b>
30 <i>Exercise 9:15</i> <i>Guitar Lessons 10:00</i> <i>Healthy Cooking 10:30</i> <i>Karaoke 12:30</i> <i>Choir Practice 10:00</i>					<b>BRC COUNCIL MEETING ON THE 3RD TUESDAY @ 10:00 A.M.</b>